Yolanda is the kind of person that I relish getting to know. She is someone who loves her job, has enjoyed her kids growing up, and delights in learning something new every day. I met Yolanda over a year ago as I filmed a fun music video about Sentara nurses (which you can find at www.sentara.com/foundation/patientstories). Throughout the day of filming, I spoke with all of the nurses there, but Yolanda still lingers in my memory. Why? Because she was warm and funny, genuine and humble, and she had a beautiful story to tell.

I smile when I remember her saying that she always wanted to be a nurse, even as a little girl. She loved taking care of her baby dolls and she feels that same joy in taking care of her patients now. She shared that her children are in college and the thought of beginning an RN to BSN college program was a little scary. She didn’t know if she would be able to work and go to school at the same time, but she persevered and began her journey. Now, she encourages her staff to begin their degree programs too. She laughs when she says “If I can do it, you can do it too! I’ve been out of school a long time.”

Continued on pg. 3 ***
Jack Clarke had always led a healthy lifestyle. An avid runner in his 30’s and 40’s, Jack enjoyed exercise and tried to set a good example for his six children while maintaining a successful career. Although he eventually had to stop running because there just wasn’t enough time in the day (did I mention he has six kids?), Jack was not someone you would expect to have heart problems. You could imagine his surprise when he found out during a routine physical exam that he had an atrial fibrillation (AFib). AFib is a mysterious condition. Essentially, the electrical signals in your heart go haywire and the atrium starts to rapidly convulse. It can occur at any time for prolonged or brief periods and the causes of the condition vary significantly. It can be caused by high blood pressure, various heart issues, viral infections, certain medications, smoking, alcohol, stress, sleep apnea, birth defects, and the list goes on. It can even be caused by too much exercise. AFib is actually fairly common in athletes. The condition can be mild or serious and can potentially lead to an increased risk of stroke and heart failure.

Jack was living with AFib for about 20 years, treating it with medication and two unsuccessful surgeries. Eventually, Jack’s condition began to worsen and he was at risk of sliding into a state of heart failure. Jack’s choices were few: participate in an experimental trial developed in Europe or go through the treatment known as a Maze procedure. He was not thrilled with either option. The trial was unproven and the Maze procedure is an open-heart surgery that often requires 2-3 months of recovery.

Jack had researched a new, minimally-invasive technique developed by Dr. John Sirak called a Five Box Thorascopic Maze (Five Box) a few years earlier. He was the only physician in the country to provide this option, but at that time Jack was not keen on the idea of traveling out of state to receive care. Fast forward to 2015 and with his illness advancing, the Clarkes made the decision to come from Illinois to the Sentara Heart Hospital for Dr. Sirak’s innovative treatment. The Five Box procedure was a success and Dr. Sirak was able to complete it with only minor incisions. Dr. Robert Bernstein also assisted by installing a pacemaker for an unrelated heart issue.

Jack is now feeling great and could not be happier with his patient experience. He was able to return to work within 2-3 weeks instead of months. Jack gives credit to the entire staff of doctors and nurses that cared for him at the hospital and the extra attention from Robin. When I asked if Jean would be returning with him for a follow-up appointment, he said, “Of
It seemed fitting that Yolanda was awarded a scholarship to assist her in pursuing her degree, an honor and tribute to her dedication as a nurse. She was chosen from many applicants as a nurse who exemplifies leadership qualities and commitment to the nursing profession. The newly named David L. Bernd Clinical Education Excellence Initiative was set in place with a goal to raise $1.5 million to support 300 scholarships for Sentara nurses.

With 23 years of nursing experience, Yolanda has seen a lot, but she shares a story of one particular patient that stays with her to this day. During the 1990’s, a young woman with HIV/AIDS was put in isolation on Yolanda’s hospital unit. She shares, “Everyone was scared to visit her but I would go and hold her hand and just sit with her. One day, I heard her screaming my name as I went running down the hall to her room. ‘Yolanda!’ It was right then that she died. Her last word was my name. I will never forget that.”

To Yolanda I say, “We will never forget your courage, compassion and devotion to those who need you.”

So many have responded with charitable donations to this program, but we still need your help. Won’t you consider contributing to nursing excellence? To find out more, call the Sentara Foundation – Hampton Roads at 757-455-7976 or email us at foundation@sentara.com.

On Jack’s return, he received a letter from the Sentara Foundation – Hampton Roads welcoming him home. Jack claims, “Normally when I receive a letter like that asking for money, I throw it right in the trash, but this time, I didn’t hesitate to write a check. It was the experience of a lifetime for us. It was scary, but in some ways... transcendental.”

Jack and his family have chosen to support the Sentara Heart Hospital through a donation and a matching gift from Jack’s company. Their support will help cardiac patients in need who are unable to afford medications, supplies, and transportation. Please consider sharing your gift of health with a contribution to Sentara. Contact us today at 757-455-7976 or log onto www.sentara.com/foundation.

Robin Miller, Concierge at Sentara Heart Hospital
Donations were made to the following programs. We thank you for your generous contributions.

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The following individuals, corporations, civic groups and organizations made gifts or pledge commitments to the Sentara Foundation – Hampton Roads of $100 or more from July 1 2015 – December 31, 2015.
You can’t change fate, but you can change the way you handle it. There are times when we think everything is going along fine; then, in an instant, something turns our world upside down. This is what happened to Terri Leitner on May 19, 1989. What is so incredible is the path she chose to heal, to remember, and to make the world a better place because of it.

Terri was heading home in her truck on that beautiful May afternoon. She had picked up her son, Joshua, after school and they were enjoying their time together. Terri smiled as she listened to him ramble as little boys do, about baseball and fishing. She thought about the drawing he had just made for her, showing him flying a plane, bombs exploding as she cries for help. “Don’t worry Mom, I’ll save you” was the gist of his response in his picture (see above).

In that instant, her truck was hit by another car that sent her tumbling end over end. Joshua was thrown from the truck which landed on top of him. As fate would have it, several National Guard members were driving by and witnessed the accident. They stopped and immediately began performing CPR on Terri and witnessed the accident. They stopped and immediately began performing CPR on Terri while others worked to free Joshua from under the vehicle. Later, they shared that he was conscious and talking and asking if his mom was alright the whole time. The Nightingale Air Ambulance had been called and Terri watched as Joshua was flown to Sentara Norfolk General Hospital. Terri was taken there as well by ground ambulance. Her very next memory was of her dad sitting by her bed in the emergency room with an expression that made her heart break. The news was devastating and would change her life forever. Joshua did not survive his injuries.

The Nightingale nurse, paramedic and pilot who had flown Joshua never forgot him. They continued to reach out to Terri with thoughtful cards and visits. Their compassion helped the family in a small way to begin to heal. While she struggled to manage her grief, Terri found a bit of light that same year when she learned that she was pregnant. Now, 25 years later, Terri beams at her three children who are young adults. Each of them holds the memory of Joshua close to them although they never met him. Sarah, Katelyn and Zachary have created a family tradition of supporting the Nightingale Air Ambulance so that the program continues to assist those in dire need. A fitting tribute to Joshua Leitner, his brother, sisters, and mother continue making a difference for the little eight-year-old-boy who longed to save the world and his mom. To learn how you can make a difference in the health of your community, log onto www.sentara.com/foundation or contact us at 757-455-7976.

The Nightingale Air Ambulance: Terri, Sarah, Zachary, & Katelyn
'Providing a healing environment” took on a new meaning when a team of doctors, nurses and other Sentara Leigh staff members joined in making a wish come true. Jenna, a cancer patient, was hospitalized in February when her lungs were unable to provide enough oxygen to her body to keep her alive. She was put on high-flow oxygen to stabilize her breathing. It made her smile, which was quite an accomplishment in her severe condition. She even felt a little bit stronger.

Finding the balance between patient safety and joyful experiences can be challenging, particularly with those who are so fragile due to illness. Still, when Jenna asked if there was any way that she might say goodbye to her rescued horse, Romeo, the planning began.

Jenna’s doctor determined that a 15-minute period without the high-flow oxygen would be possible. In coordination with the Sentara Leigh nursing and palliative care teams, staff from Jenna’s horse stable walked Romeo off a trailer and into the hospital’s therapy garden, where he laid his head in the patient’s lap and nuzzled her hand for apples while her extended family gathered around. Laughter, tears and gratitude signaled success.

Nurse executive Jennifer Kreiser called the clinical team’s sense of empowerment to meet this patient’s request, “care without boundaries.”
After that special visit, the result was amazing! For dear friend Romeo. The few moments with her Jenna, it means sharing really means. For finding what nurturing means.

Creating a compassionate environment is a mission at Sentara Leigh Hospital which has recently opened its new lobby and finalized a four-year construction project. With larger patient rooms, beautiful grand lobby, inviting cafeteria, and even a Starbucks, Sentara Leigh Hospital is redefining what nurturing really means. For Jenna, it means sharing a few moments with her dear friend Romeo. The result was amazing! After that special visit, she was able to build enough strength to be discharged from the hospital and return home.

Many of the Sentara Leigh Hospital upgrades were the result of generous contributions from employees, business partners and community members, like you. Please consider joining us in advancing the healing tradition at Sentara Leigh Hospital with a contribution. To find out more, contact us at 757-455-7976 or log onto www.sentara.com/foundation.
H.O.P.E Fund for the Holidays

During the holiday season, Sentara Leaders celebrate and honor their staff and co-workers by making donations to the H.O.P.E. fund; which helps our fellow employees in need.

Thank you for your gift of HOPE!

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